Daily Prayer.

One way of beginning your day is to use the hand postures that are shown on our icons.

Hold your hands in these specific positions / postures to mirror your intention to live these vows out today

Use these prayers if you find them useful

Hands Up **Surrender**



I choose to hold up my hands as a symbol of surrender

My life is not about me,

I surrender to your Lordship

I surrender my preferences, prejudices and position to you

My fears, finances, friends and family to you



Hands Out **Generosity**



I choose to hold out my hands as symbol of generosity
What I have is not mine

I am only a steward of all that you have given me

I want to mirror the way that you opened your hand to us and lavished your love and life upon us

I want to live an open handed life in a closed fist culture

Hands Forward **Mission**



I choose to hold my hands forward as a symbol of mission.

I want to live for something greater than me.

I want to embrace your kingdom mission.

I want to embrace and welcome your mission to the lost, last, least and lonely – the poor, powerless, privileged and persecuted.

